

Jen's Brekky Muffins!

These are just like a little frittata and are great cold or heated up!
Will make 6 large muffins or approx 10 small ones

Ingredients:

- 🌿 6 x eggs
- 🌿 1/3 cup of milk
- 🌿 2 x tbspn of minced garlic
- 🌿 1/2 cup cooked diced bacon
- 🌿 1/2 cup cheese of choice
- 🌿 1 x Zucchini diced
- 🌿 1 x Tomato diced
- 🌿 1/2 red onion diced
- 🌿 1/2 cup baby spinach chopped
- 🌿 1 x tbspn basil chopped
- 🌿 2 x tbspn EBBS
- 🌿 Pepper to taste



Method:

- 🌿 Pre- heat oven to 180
- 🌿 Cook bacon & sit aside to cool
- 🌿 Break eggs into large bowl & whisk
- 🌿 Add milk, garlic & herbs and mix in
- 🌿 Add cheese & desired veggies
- 🌿 Add bacon and mix all together
- 🌿 Spray muffin tray/tin with oil
- 🌿 Pour mixture evenly into trays
- 🌿 Place into oven for approx 25-30 minutes at 180 deg.
- 🌿 Remove from oven and allow to cool slightly before handling muffins
- 🌿 Will keep covered in the fridge for approx 5 days.

- ❤️ Note: can omit EBBS & just add salt
- ❤️ Note: any veggies can be used
- ❤️ Note: bacon can be substituted for ham, chicken, turkey etc
- ❤️ Note: tasteless protein powder could be added for additional protein